

# Low-Saturated Fat Diet Check-In

## *How well are you doing?*

*Check each of the behaviors you did consistently most of the month.  
The more you tips you followed, the better you treated your body  
overall!*

- **Ate fried food 1 or less times per week**
  - Chose whole or ground turkey/chicken breast (*not general ground turkey/chicken*), fish, 90/10 ground beef (*or better*), beef/pork/turkey cuts with “loin” or “round” in their names
- **Avoided high-saturated fat meats like wings, drumsticks, restaurant hamburger meat, T-Bone/Ribeye steaks, regular hotdogs, sausage, etc.**
- **Ate grilled, roasted, broiled, or baked meats most often**
- **Chose part-skim, fat-free, or low-fat milk, yogurt, & cheese products**
- **Checked packaged foods for trans fats or hydrogenated oils (fully or partially), avoided eating products containing these**
- **Avoided cream & cheese-based sauces/dips**
- **Chose snacks naturally low in fat or labeled reduced-/low-fat (*like some chips, popcorn, etc.*)**
- **When cooking, used canola oil, olive oil, or avocado oil, NOT coconut oil, vegetable oil, or another oil high in saturated fat**
- **Used herbs, spices, citrus, etc. instead of butter, margarine, or high-fat condiments for flavor**
- **Ate reasonable or no desserts most often, and consumed very few high fat desserts per week (*like regular cookies, cakes, ice cream, shakes, pies*)**
- **Chose low-/non-fat dressings or sauces OR used a very small amount of regular dressings/sauces**
- **If ate frozen or packaged meals, chose those with 5% or less daily value of saturated fat**